

Step One: Remove Unhealthy Food In Schools

- Create the HealthVend Program, a revolving school loan program that will allow schools to purchase vending machines that carry only healthy foods
- Improve school lunches to provide more fruits, vegetables and lean meats

Step Two: Improve the Health of Iowa's Children

- Set physical activity requirements for Iowa's schools.
- Encourage wellness amongst students, including well-child screenings.

Step Three: Encourage Local Control to Ban Smoking

- Give communities the authority to pass local smoke-free ordinances.

Step Four: Encourage Physical Activity for Seniors

- Work with the Department of Elder Affairs and the Department of Public Health to expand physical activity programs for Iowa's Seniors.

Step Five: Promote Prevention Efforts Amongst Iowans

- Encourage Iowans to get regular screenings, including mental, dental, cancer, and other preventative steps, and work with the Department of Public Health to connect them to those services.
- Create a Wellness Website where individuals can learn about successful wellness efforts across the state, and create their own personal wellness plans, including information on healthy eating, physical activity, and health screenings

